



Statistics Report 20020, Cornmeal, whole-grain, yellow

Report Date: June 27, 2017 03:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	10.26	--	0.140	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	362	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1515	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	8.12	--	0.306	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	3.59	--	0.227	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	1.13	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	76.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	7.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sugars, total	g	0.64	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	6	--	1.029	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	3.45	--	0.371	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	127	--	18.535	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	241	--	9.435	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	287	--	9.760	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	35	--	5.498	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.82	--	0.109	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.193	--	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.498	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	15.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.385	--	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.201	--	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	3.632	--	0.537	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.425	--	0.054	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.304	--	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	µg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total 2	mg	21.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Betaine 2	mg	11.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	97	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002
Carotene, alpha	µg	63	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002
Vitamin A, IU	IU	214	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002
Lutein + zeaxanthin	µg	1355	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002
Vitamin E (alpha-tocopherol) 1 _	mg	0.42	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2001
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 _	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Tocopherol, gamma 1 _	mg	1.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Tocopherol, delta 1 _	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	20022	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lipids													
Fatty acids, total saturated	g	0.505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.431	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.948	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.945	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.638	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	1.589	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.305	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.996	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.228	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.399	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.411	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.405	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.608	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.565	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.333	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.709	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.386	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Flavonoids													
Isoflavones													
Daidzein 3	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Genistein 3	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Total isoflavones 3	mg	0.02	--	--	0.02	0.02	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup VPI, NFNAP, 2006 Beltsville MD
³Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966